

hull and sluggish and disinclined to mental or bodily effort; all the organs concerned in life share in the disturbance, and become indolent and torpid. The need to maintain perfect cleanliness of the body is, if possible, greater in winter than in summer—a fact which but few appreciate; and to the neglect of this essential may be attributed much of the sickness prevailing in the cold weather, which really ought to be the healthiest of the year.